Families Arising
Resource Centre Edmonton

FREE MENTAL HEALTH AND WELLBEING GUIDE

Caring for Your Emotional Wellbeing

Everyday habits to manage stress, notice how you are really doing and know when it is time to reach out for more support.

Caring for a family, working, studying or settling in a new country can take a lot out of you. Feeling stressed, tired or low at times is part of being human. Small daily habits can protect your emotional wellbeing, and knowing the signs helps you get support early.

Common signs of stress

In your body
Headaches, tight shoulders, stomach upset, trouble sleeping, feeling tired all the time.

In your feelings
Feeling irritable, worried, overwhelmed, sad, numb or easily brought to tears.

In your thoughts
Racing thoughts, trouble concentrating, forgetting things, expecting the worst.

In what you do
Pulling away from people, eating more or less, snapping at loved ones, losing interest in things you enjoy.

Seven everyday habits that help

1. **Protect your sleep.** Keep a regular bedtime and put screens away before bed when you can.
2. **Move your body.** A 20-minute walk, dancing in the kitchen or stretching all lift your mood.
3. **Stay connected.** Call a friend, join a community group or talk with someone who understands. Isolation makes stress heavier.

4. **Breathe with intention.** Try box breathing: breathe in for 4, hold for 4, breathe out for 4, hold for 4. Repeat four times.

5. **Limit news and social media.** Set times to check, and notice how you feel afterwards.

6. **Make room for what you enjoy.** Music, cooking, gardening, reading or time outdoors. Even 15 minutes counts.

7. **Be kind to yourself.** Speak to yourself the way you would speak to a friend you love.

Weekly wellbeing check-in

Once a week, rate each area from 1 (struggling) to 5 (doing well).

Area	Week 1	Week 2	Week 3	Week 4
Sleep				
Energy				
Mood				
Connection with others				
Time for myself				

When to reach out for more support

Talk to your family doctor, call 811 or reach out to a counsellor if:

- Low mood, worry or stress lasts most days for two weeks or more
- It is hard to sleep, eat, work or care for your family
- You feel hopeless, or you are using alcohol or other substances to cope
- Family or friends tell you they are worried about you

Asking for help is a sign of strength, not weakness. Our guide **Where to Get Mental Health Help in Alberta** lists free and low-cost options.

My wellbeing plan

Question	My answer
Three things that help me feel better	
People I can call when I am struggling	
Warning signs that I need more support	
One habit I will start this week	

Need help now? In an emergency, call **911**. If you are in crisis or thinking about suicide, call or text **988** (24/7). Alberta Mental Health Help Line: **1-877-303-2642** (24/7). Families Arising offers education and community support. We are not a crisis or clinical service.

Families Arising is here to help

Families Arising Resource Centre Edmonton is a registered non-profit that supports Black, immigrant, newcomer and multicultural families with programs for mothers, fathers, children and teens.

- **Mom Youniversity:** mentoring, peer support and coaching for mothers and women
- **Intentional Parenting Course:** summer cohorts for parents
- **Junior Youniversity:** Royal Tots, Royal Readers and Teen Pulse for kids and teens
- **Free webinars, guides and events** for families

Visit familiesarising.ca · Email info@familiesarising.ca · Call 780-900-1450 · Instagram @familiesarising.edmonton

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